

# EATING FOR IMMUNITY

STRENGTHEN YOUR IMMUNE SYSTEM BY ENJOYING A BALANCED, NUTRITIOUS DIET THAT SUPPORTS THE DIGESTIVE TRACT & GIVES YOUR BODY THE VITAMINS & MINERALS IT NEEDS TO MAINTAIN NORMAL FUNCTIONS FOR OVERALL HEALTH.

## 5 SIMPLE STEPS TO MAINTAIN A STRONG IMMUNE SYSTEM:

### EAT FIBER-RICH FOODS TO SUPPORT DIGESTIVE WELLNESS

Did you know that your digestive tract makes up the majority of your immune system? Aiming for the daily fiber recommendations of 25g per day for women and 35g per day for men can help to support an overall healthy digestive system. Choose whole foods, like fruits, vegetables, whole grains, nuts, and seeds for your daily fiber intake.

### STAY HYDRATED

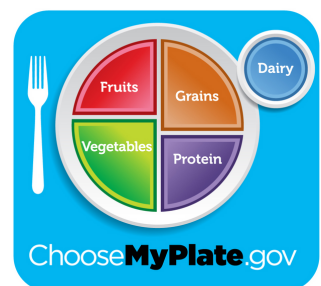
Adequate hydration is vital to overall health, but is extra important when increasing fiber intake. Fiber and water work together to move things along through the digestive tract, so it is important to give your body enough of both. Also, some vitamins are water-soluble, meaning they are absorbed into the body for use via water in the body, so it's important to properly hydrate each day to get the maximum benefit from our foods.

### CONSUME PROBIOTICS DAILY TO FIGHT "THE BAD GUYS"

Probiotics are the "good bacteria" that are present in our digestive tract. Their job is to fight off "bad bacteria" that tries to get in and cause a ruckus with our health. Consuming foods that contain live and active cultures, or live probiotics, is an easy way to balance the microbiome in the body, which can help support immune health. Try foods like Greek yogurt, kefir, or fermented foods like cottage cheese, sauerkraut, or tempeh. When enjoying foods for probiotic benefits, always double check that the product contains live & active cultures.

### AIM FOR A BALANCED PLATE AT EACH MEAL

My Plate guidelines remind us to eat a variety of foods, and to balance our plate with different nutrient-rich food groups as often as possible. Incorporating half a plate of fruits and/or vegetables at each meal will help ensure your body is getting enough micronutrients (like vitamins and minerals) which are needed to support overall healthy body functions, therefore keeping your body strong enough to fight illness.



### EAT THE RAINBOW

No, we are not talking about Skittles here... although, those are fine to enjoy sometimes too! It's important to incorporate a variety of colors into your diet from fresh or frozen fruits and vegetables. Different colors in fruits and vegetables actually come from the different nutrients they contain, so eating a variety of colors means you are giving your body a variety of health-supporting benefits!



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